



## THE WELL GROUNDED THERAPIST Movement and Stillness at the Edge

A residential on Lindisfarne with Miriam Taylor and Vienna Duff

Friday 11<sup>th</sup> October – Sunday 13<sup>th</sup> October 2024

We are taking this established residential workshop to a new location, the secluded & tidal island of Lindisfarne, off the Northumberland coast.

For those of us who work with challenging aspects of the field, this residential will offer an alternative focus: to develop our relational ground and explore the edges of contact. This attention can nourish our capacity to stay open to potentially dysregulating figures.

Miriam and Vienna will invite you to attend to your own ground by exploring your relationship with different elements of the wider environment.

In this, sometimes wild & sometimes serene, place we will explore inner and outer to nourish, deepen and restore connections with ourselves, with others as well as the wider environment. The workshop will be created through a combination of story-telling, ritual, time and space for process, reflection and movement.

We will explore a variety of outdoor and internal spaces, We invite you to:

- Be welcomed into a caring and inspiring environment
- Be part of a nourishing and containing group
- Explore listening to your 'self' and others in stillness and flow
- Experiment with your edges and what supports your ground
- Receive support from two experienced facilitators

Venue: Marygate House – this is a Christian hostel/retreat centre who welcome all groups.

Rooms will be shared occupancy in two buildings.

[.https://marygatehouse.org.uk/home.html](https://marygatehouse.org.uk/home.html)

Location: Dates have been chosen in relationship with the tides! Lindisfarne is an island which can ONLY be accessed when the tide is low enough to create a safe window for crossing the long causeway. You will need to plan your journey to arrive well within the safe-crossing time <https://www.lindisfarne.org.uk/general/travel.htm>

Cost: Early bird (to 30th June) £475; from 1<sup>st</sup> July £525. Cut-off mid-Sept.

Enquiries and bookings please contact: [miriamt@relationalchange.org](mailto:miriamt@relationalchange.org)

Our article 'Reorganisation in the Traumatized Relational Field: The Well Grounded Therapist' was published in the British Gestalt Journal, Vol. 27, no.2, 2018, and an edited version was reproduced in *Deepening Trauma Practice*, 2021, by Miriam Taylor



**Miriam Taylor** is a UKCP registered (non-clinical) Gestalt psychotherapist, supervisor and international trainer. She is a member of the Leadership Team of Relational Change. With almost 30 years' clinical experience, Miriam no longer works clinically with individuals, but continues to supervise and teach. Taking an ecological approach to working with trauma, she focusses on how this is lived in the body and relationally. She is author of two books *Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body* (2014), '*Deepening Trauma Practice: A Gestalt Approach to Ecology and Ethics*' (2021) and several invited and peer reviewed articles. A second edition of her first book is due in early autumn 2024. Miriam's interest in listening deeply to the wider field led her to join a Wilderness Experience in the Eastern Sierra of California. She lives and works in the Cambridgeshire Fens.



**Vienna Duff** is a Gestalt psychotherapist and supervisor and an Associate of Relational Change. She co-facilitates a Community of Practice with participants from the series of Well Grounded Therapist workshops. In 2022 she left her post in a Psychology service in the NHS and relocated to Northumberland. Very recently retired from teaching with the Open University, she still has a small therapy practice and offers clinical supervision to psychotherapists and to service managers. Vienna's grounded, relational style is resourced through exploring relationships with time, place and environment to deepen her understanding of the conditions needed for re-generation. She is involved in several community projects linked to her eco-psychotherapeutic perspective. She has explored trans-generational trauma and eco-psychotherapy through a range of projects over many years. She has co-authored with Miriam Taylor (see above) and with fellow psychotherapists: Lynne-Brighouse and Kristine Steensen. Her conversation with the latter about Gestalt and Nature, was translated into Norwegian to be published in the Gestalt Therapy year book (2021) as well in the BGGJ (Spring 2023) as an opinion piece; titled 'The practice of Gestalt: moving outside the therapy room'.